

Black Bean and Corn Salsa

Side Dish

HACCP Process #2 - Same day Service

Serving Size 1/4 cup

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Corn, frozen, thawed			4 1/2 lb		1. In large bowl, whisk together vinegar, oil, lime juice, salt and pepper to make dressing. 2. Add corn, beans, onion, pepper and cilantro. Mix well. CCP: Hold cold at 41°F or lower.
Red Onion, chopped fine			1/2 onion		
Red Pepper, chopped fine			1 med.		
Vinegar, white or rice wine			1/2 c		
Vegetable oil			1/4 c		
Lime Juice			1 c		
Salt			1 1/4 tsp		
Pepper			1 3/4 tsp		
Black beans, canned, drained and rinsed			1.75 #10 cans		
Cilantro, fresh chopped			1 1/8 c		

From: Project Bread's Chefs in Schools Initiative

Serving Sizes	Contribution
1/4 cup	One 1/4 cup serving = 1/8 c starchy vegetable and 1/8 c legume vegetable